



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09034, Apricots, dried, sulfured, stewed, with added sugar

Report Date: June 27, 2017 23:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 270g
Proximates					
Water	g	68.45	--	--	184.81
Energy	kcal	113	--	--	305
Energy	kJ	473	--	--	1277
Protein	g	1.17	--	--	3.16
Total lipid (fat)	g	0.15	--	--	0.41
Ash	g	0.98	--	--	2.65
Carbohydrate, by difference	g	29.26	--	--	79.00
Fiber, total dietary	g	4.1	--	--	11.1
Minerals					
Calcium, Ca	mg	15	--	--	40
Iron, Fe	mg	1.52	--	--	4.10
Magnesium, Mg	mg	15	--	--	40
Phosphorus, P	mg	38	--	--	103
Potassium, K	mg	443	--	--	1196
Sodium, Na	mg	3	--	--	8
Zinc, Zn	mg	0.24	--	--	0.65
Copper, Cu	mg	0.138	--	--	0.373
Manganese, Mn	mg	0.088	--	--	0.238
Vitamins					
Vitamin C, total ascorbic acid	mg	1.4	--	--	3.8
Thiamin	mg	0.005	--	--	0.014
Riboflavin	mg	0.027	--	--	0.073

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 270g
Niacin	mg	0.853	--	--	2.303
Pantothenic acid	mg	0.191	--	--	0.516
Vitamin B-6	mg	0.103	--	--	0.278
Folate, total	µg	0	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Folate, DFE	µg	0	--	--	0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	107	--	--	289
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	2139	--	--	5775
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.010	--	--	0.027
16:0	g	0.009	--	--	0.024
18:0	g	0.001	--	--	0.003
Fatty acids, total monounsaturated	g	0.064	--	--	0.173
18:1 undifferentiated	g	0.064	--	--	0.173
Fatty acids, total polyunsaturated	g	0.029	--	--	0.078
18:2 undifferentiated	g	0.029	--	--	0.078
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.021	--	--	0.057
Threonine	g	0.042	--	--	0.113
Isoleucine	g	0.036	--	--	0.097
Leucine	g	0.069	--	--	0.186
Lysine	g	0.081	--	--	0.219
Methionine	g	0.006	--	--	0.016
Cystine	g	0.004	--	--	0.011
Phenylalanine	g	0.049	--	--	0.132
Tyrosine	g	0.027	--	--	0.073
Valine	g	0.043	--	--	0.116

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 270g
Arginine	g	0.045	--	--	0.121
Histidine	g	0.019	--	--	0.051
Alanine	g	0.058	--	--	0.157
Aspartic acid	g	0.269	--	--	0.726
Glutamic acid	g	0.119	--	--	0.321
Glycine	g	0.036	--	--	0.097
Proline	g	0.070	--	--	0.189
Serine	g	0.067	--	--	0.181
Other					